

# I N D E X



- Classic italian lasagna
- $\bigcap$  Roasted turkey thighs
- Roastbeef



- Roasted chicken with potatoes
- Stuffed rosted pork



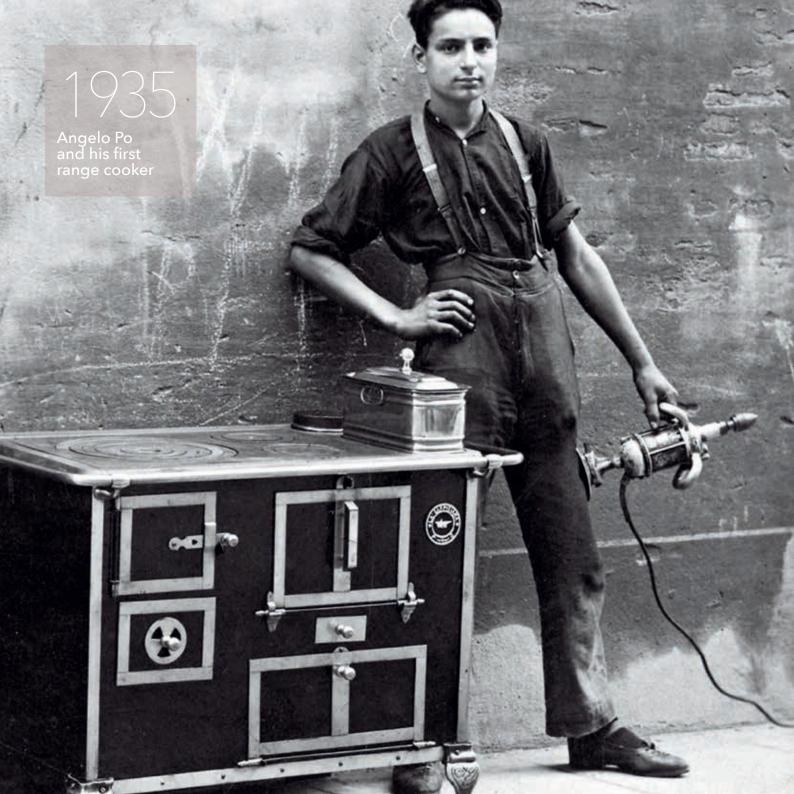
- $\bigcap$ Steamed prawns
- Steamed sea bass or sea bream
- Steamed salmon with green sauce



- Zucchini and cheese pie
- 2 Quiche lorraine
- 23 Spinach flan

- 24 Stuffed tomato gratin
- Steamed vegetables
- $\overset{\prime}{\geq}$  Roasted apples and pears
- Olive oil bread rolls
- Procaccia genovese
- 29Pizza
- Cheeseecake
- Crème carame
- 32 Cinnamon rolls
- 33 Sponge cake
- Double chocolate cupcakes with mascarpone cream
- 35Apple pie

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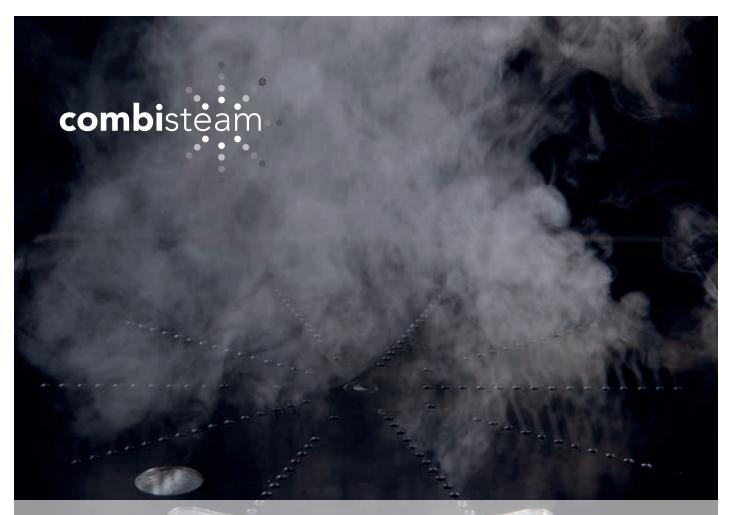
Steel is an Italian company with a long family heritage. Situated in carpi near Bologna and founded in 1999, it is owned and run by the Pofamily, who are the third generation to be involved in the production of range cooking equipment. The original company was set up by Angelo Poin 1922 and his craftsmanship in stainless steel helped produce the first hand made stoves and later, the production of high quality appliances for restaurants

Today Steel has come to the forefront of the manufacture of range cookers and hoods for the domestic market. Innovation and functionality are the byword for Steel's aesthetic designs and professional approach to kitchen products. As Stee has grown, so has the importance of their own brand names such as Genesi, Ascot and Sintesi and there is also a range of semi-professional barbecues and out-door cooking equipment.









Whether you have a love of experimenting with cooking or are just happy to serve up a good meal to the family, a Combi-Steam oven is going to give you the results you have been looking for.

Very few of us have had the luxury of cooking with Combi-Steam unlike the vast majority of chefs and professional cooks. Combi-Steam has been used in professional kitchens for a long time. The secret to juicy, perfectly cooked meats, flavoursome vegetables and puffy pastries is now available to you in your own home.

A Combi-Steam oven doesn't mean you have to re-learn all your favourite recipes, it simply means the results will be better! The Sunday roast will have the whole family lining up for seconds.

This is a guide to understanding the benefits of Combi-Steam and how easy it is to use.



### **Traditional cooking Vs Steel Combi-Steam**

When cooking in a conventional oven, the air is hot and dry. What this means to food is that while cooking; the dry heat is drawing out moisture from the food. When moisture is removed, flavour, nutrients and vitamins are also removed.

When using the Steel Combi- Steam, the oven maintains 100% humidity in the air so does not draw out moisture from the dishes you are cooking.

For example, when cooking a 1kg piece of beef, a dry oven will remove approximately 38% of the weight (moisture, vitamins, and minerals) from the meat. The Steel Combi-Steam oven will remove only 10-15% meaning more flavour and nutrients are retained.

Combi-Steam will also save you time. Where the beef would take 90 minutes in a standard oven, the Steel Combi-Steam will produce amazing results in only 70 minutes.

## **General tips**

- When choosing the position in the oven to place food, and what function to use, the general rule is to place the food in the centreof the oven and use a conventional function for single layer cooking. When cooking multiple trays, a fan function is required to distribute the heat evenly between the trays. Make sure there is even spacing between the trays and the oven cavity is using shelf position 1 and 3.
- Shelf position 1 is at the bottom of the oven and position 4 is at the top
- Some dishes prefer dry heat. Lasagne is a good example, Liquids need
  to be evaporated to cook through the pasta sheets and make sure your
  lasagne is not soggy. Combi-steam is not needed for this type of dish but
  for re-heating lasagne on the other hand Combi-Steam is perfect. The
  steam will make sure you don't dry out the Lasagne.
- When cooking dishes that tend to dry out, but are preferred brown and crispy on the outside, cook using combi-steam then switch to fan grill for the last 10 minutes to crisp the surface of the food. This is great for cheese topped dishes like pasta bake.







# cooking meats

Almost any cut of meat is going to be better using Combi-Steam. Meat has the tendency to dry out in a standard oven. Combi-Steam cooking will retain the moisture commonly lost in standard cooking.

# cooking fish

Fish can often dry out and resulting in less than perfect results. Combi-Steam is perfect to keep the moisture in the meat of the fish.

Baked whole fish, grilled fillets and fish dishes always benefit from the additional moisture of Combi-Steam cooking.

# cooking cakes & muffins

Desserts are more of an exact science than other dishes. Recipes should be followed strictly, including temperatures and functions.

Breads and pastries like the addition of moisture as do muffins. Try using 100ml of water on ½ setting. Think crunchy crusts and soft centres. Sponges prefer dry heat except Chocolate cake which tends to dry out. Try it and you'll be impressed! Other sponge style cakes like tea cake should be left with the

# cooking pizza

tried and true dry heat programs.

If you have bought the Steel double oven, the top oven has a built in Pizza stone in the base. To use this Stone, Select temperature to maximum. You do not need to select an oven function. This turns on both top and bottom elements and heat the stone to approximately 215C. The air temperature will be about 315 degrees. This will take about 30 minutes to get to temperature. Once the heating light has gone off, pizzas will take only 4 minutes to cook.







# grilling

When using Combi-Steam cooking, the temperature should be raised by 10-15 degrees. Ie if the recipe requires 180C, set the oven to 200C. The cooking time will be less because the steam will permeate the food rather than cooking from the outside in. The grilling element will accelerate the browning effect while the steam will decrease the cooking time. Fan grilling is a perfect program to use for small to medium cuts of meat. The larger the cut, the lower in the oven you place it. Do not grill on the top shelf as the grill element is strong and it is easy to burn foods not carefully watched. Grill from shelf level 3 and down.

# browning tips

When using combi-Steam programs, sometimes you require a really crispy skin, ie pork crackling. To maintain a succulent meat use combi-steam during the cooking process and then in the last 10 minutes, change the function to fan grill to get a really crispy skin/surface. You get the best result, juicy meat and crunchy crackling.

## vegetables

Root vegetables are fluffy inside and crisp outside using a hot Combi-steam function. The heat crisps the outside while the steam keeps the consistency on the inside. Greens such as green beans should be cooked on a lower temperature such as 80C, steam setting 1 on static steam.

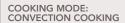
Meat ( per 500g)	Time @ 180 C	Time Using Steam
Beef/Lamb Rare	20 Mins + 20	20 Mins (160C)
Beef/Lamb Medium	30 Mins + 20	20 Mins (@160C)
Beef/Lamb Well Done	40 Mins + 20	5 Mins + 20 (@160C)
Pork	30 Mins + 20	20 Mins (@160C) + 10 Mins Fan grill to crisp
Pork Well Done	35 Mins + 20	25 Mins (@160C) + 10 Mins Fan grill to crisp
Chicken	20 Mins + 20	15 Mins + 10 (@180C)
Veal	30 Mins + 20	20 Mins (@160C)

OTHER FAVOURITES	Time @ 180 C	Time Using Steam
Roast Root Vegetables (Chunky cut- Large pieces)	40- 50 Mins	25 Mins (@180C – 200C)
Puff Pastry	12 Mins (@220C)	8 mins (@220C)
Fish - Fillet	15-20 Mins (@220C)	10 Mins (@200)
Fish Whole ie Snapper (1,5kg)	35-40 Mins (@ 200)	25-30 Mins (@180C)



80 gr butter 80 ar flour 8 dl milk Salt Pepper Nutmeg 2 tablespoon extra virgin olive oil 100 gr grated parmesan cheese Chopped carrots, onion, celery (2 tablespoon each) 150 gr pork sausage 300 gr ground beef 300 gr ground veal 3 glass of wine (red or white) 600 gr tomato sauce 350 gr fresh lasagna past sheets

- olive oil.
- Bake for about 40 minutes, stirring occasionally.
- making sure they do not take color and that no lumps are formed, gradually pour in hot milk and cook for about 10 minutes, add salt, pepper and grated nutmeg.
- S Prepare the pasta sheets: rapidly boil the sheets in boiling salted water, drain "al dente" and place on a towel to remove excess water.
- spoon on the meat sauce, add bechamel and spread some parmesan. Repeat the layers until exhausting all the ingredients. Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode.
- S Bake at 180 degrees for about 30 minutes, let rest before serving.











steet 13

## Ingredients for 4

2 pcs Turkey thighs approx 800 gr. each

Chopped herbs: fresh rosemary, sage, garlic Salt & pepper White wine or beer

- S Pre-heat the oven. Make sure the steam tank contains water.















Beef "roastbeef" meat 700 gr. Extra virgin olive oil Salt & pepper White wine

- S Pre-heat the oven. Make sure the steam tank contains water.

- S Place the probe into the meat and connect it to the oven, setting the temperature
- Wrap the meat with aluminium foil, let it rest to allow the fibers relax and soften, let















400 gr. ground beef 400 gr. ground veal 1 egg 70 gr. grated parmesan cheese 200 gr. white bread crumbs 1/2 glass of milk salt parsley breadcrumbs white wine or beer

- S Chop the white bread and let the crumbs soften into the milk. Wring it well before adding to the meatloaf.
- S In a large container combine all ingredients: the two ground meats, the white bread, parmesan cheese, egg and parsley. Season with salt and slowly add the breadcrumbs until the mixture will be compact but still soft enough. traditional form. Let stand in refrigerator for about an hour.
- ▶ Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode . Make sure the tank contains water.
- wine or beer. Bake at medium height until it becomes golden, for about 60 minutes. During the cooking time, wet the meat occasionally with its own cooking sauce.
- S You can stuff the meatloaf to make it richer and flavourful, for example with ham and cheese, sausage or other at your pleasure.

COOKING MODE: CONVECTION COOKING











steet 15



1 medium size chicken (chopped) 600 gr potatoes Extra virgin olive oil Salt & pepper Rosemary Red onion (if you like it)

- with rosemary and other herbs at your choice, salt and pepper.
- № Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode . Make sure the tank contains water.
- place them between the potatoes.
- Season the potatoes with a little of oil and salt. Bake for about 1 hour and 40













900 gr. pork loin 100 gr. sliced bacon Salt & pepper 1 shallot Extra virgin olive oil White wine

entire length.

- heart of the roast.
- steam" mode 🥨
- S Place the pan into the over, connect the probe into its housing. Set the heating to

Bake until the temperature (about 1 hour and a quarter) is reached, when the oven will automatically turn off.

Filter the cooking sauce and serve with the roast.

COOKING MODE: FAN ASSISTED STEAM







steet 17



480 gr. prawns (16 pcs) 30 gr. extra virgin olive oil 1 Lemon Parsey Salt & pepper

At your choice: other herbs or spices.

# STEAMED PRAWNS

- S De-shell the prawns leaving only the final part of the tail, de-vein and wash them quickly
- N Dry them on paper towels. Prepare the marinade with oil, lemon, parsley, salt, pepper (or other spices and flavours to your liking). Marinate for at least twenty minutes
- Nake sure the tank contains water. Preheat oven to 180 ° C on "fan assisted steam" mode ⚠.
- S Prepare the skewers putting two or three prawns on each skewer (if wood we' it first).
- S Place the skewers on the baking tray covered with parchment paper and bake for about 10 minutes.

PS: a variation to the recipe can be to add breadcrumbs on the surface. In this case, before serving raise the tray to the highest position of the oven (4), raise the oven temperature to the maximum and select the "grill" function for about 5 minutes.













2 pcs. Sea bass (or sea bream) approx. 600 gr. each

Seasoning: Parsley, extra virgin olive oil, oraganic lemon, salt, pepper Cherry tomatoes, Taggiasca olives (at your choice)

- S Fillet the fish and serve it with a sauce at your choice, such as an emulsion of oil
- S You can either add chopped cherry tomatoes and Taggiasca olives while cooking and serve aside.

Steel 19











4 pcs. salmon fillet (approx. 180 gr. each) 4 tablespoons chopped parsley 1 organic lemon Extra virgin olive oil Salt & pepper

- S Place the salmon fillets in a container and marinate with lemon juice, 2 tablespoons of olive oil, parsley, salt and pepper. Cover and leave in the fridge for about 30



- S Drain the fish, retrieving parsley and liquid marinade in a bowl, place on the baking
- S Pour the marinade into the container of an immersion blender, combine 3 tablespoons of olive oil and blend to obtain a green sauce that you'll serve to flavour the fish.









## steet 21

## Ingredients for 4

1 pack of ready shortcrust pastry 300 gr zucchini 150 gr white cheese (at your choice) 2 eggs 50 ml cream Salt & pepper

- S Fill the steam tank. Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode 🕙.
- S Cut the zucchini into cubes and put them in a bowl. Cut the cheese into cubes and
- S Beat the eggs with the cream, add salt and pepper and pour the mixture into the bowl with zucchini and cheese.
- for about 40 minutes.









For the pastry: 300 gr "00" flour 150 gr unsalted butter 40 gr cold water 1 pinch of salt ½ teaspoon of baking powder (optional)

For the filling: 200 gr smoked bacon 200 ml cream 3 eggs Salt, pepper, nutmeg

COOKING MODE:

CONVECTION

- S Prepare the crust sifting the flour, add the salt and the butter at room temperature. Use the tip of your fingers to work the butter and flour and form crumbs soaked in dough rest in the refrigerator for about 30 minutes.
- cream then add the bacon. Meanwhile fill the steam tank.
- ▶ Preheat oven to 180 °C setting on fast heating mode the knob to convection mode 🕙
- $\frac{1}{2}$  cm. Lightly punch the bottom with the tines of a fork. Pour the filling over the base and bake for 35-40 minutes. Let it cool before serving.





## steet 23

## Ingredients: per 6 individual ramekins

400 gr. frozen spinach leaves 70 gr grated parmesan cheese 2 eggs 100 ml cream Salt & pepper Butter and breadcrumbs

- S This recipe originally foresees cooking in a water bath, so we will use the function 100% steam.
- well. Cut the spinach with a knife and put them into a bowl. Add the Parmesan cheese, eggs and cream. Stir the mixture, season with salt and pepper.
- S Bake for about 30 minutes. Serve with a sauce of melted cheese. ■











8 vine tomatoes 1 tablespoon chopped parsley 2 tablespoon grated parmesan cheese Breadcrumbs Extra virgin olive oil salt & pepper

- S Wash the tomatoes, remove the green stems and the seeds with a teaspoon. Salt the inside of the tomatoes. Turn them upside down so that the water from the tomatoes drains.
- S Fill the steam tank. Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode
- add salt, pepper, parsley, parmesan cheese and a tablespoon of olive oil. Stir
- S Arrange the tomatoes on a baking tray and fill with the stuffing. Season with a little extra virgin olive oil.













Steam cooking vegetables such as:

Pumpkin

- S Cook for 50 to 60 minutes.

steet 25









Ingredients

- $oldsymbol{\mathbb{S}}$  Fill the steam tank . Preheat the oven to 180 °C setting on fast heating mode then move the knob to convection mode 🕙













## Ingredients

500 gr flour 200 ml water 50 gr extra virgin olive oil 50 gr warm milk 25 gr yeast 10 gr salt 10 gr sugar

- Leave the dough covered with foil until doubled.
- S Make small rolls and place them on a baking tray covered with parchment paper,
- № Meanwhilepreheat the oven to 200 °C using fast heating mode 🔐. The steam tank should contain water.

for baking the bread.

Once the temperature is reached, turn the knob to convection mode 🕙 and lower the grid with the baking stone to the middle position.

- Mark the rolls with small nicks on top, brush them with egg white.
- S Bake for about 20-30 minutes (depending on their size).

COOKING MODE: CONVECTION COOKING











steet 27



Ingredients for the dough: for one medium focaccia 32 cm diam.

320 gr " 0" type flour (or Manitoba) 200 gr warm water 20 gr extra virgin olive oil 7 gr salt 1 teaspoon sugar 20 gr yeast

S In the mixer or in a large container combine water, oil, salt, sugar and half dose of

Add the yeast and the other half of the flour. Knead until dough is smooth and

Let rest for about 10-15 minutes. Take the dough, fold it over itself and let rise for about 1 hour until doubled.

S Roll out the dough by hand on oiled parchment paper or into the baking tin, sprinkle with salt, cover with another baking paper and let rise again for about 40/50 minutes.

rising for about 1 hour.

Nake sure the steam tank contains enough water. Preheat the oven to 200 °C using fast heating mode 🏥

Once the temperature is reached, turn the knob to convection mode 🕒 and lower the grid with the baking stone to the middle position. Bake for about 15 minutes







1 kg manitoba flour 600 ml water 50 gr yeast 50 gr extra virgin olive oil 20 gr salt

For the topping: 500 gr tomato sauce 500 gr Mozzarella cheese Oregano Extra virgin olive oil

# PIZZA

- Sift flour in a large bowl. Mix in oil and warm water with yeast. Knead the ingredients until the dough is soft and smooth. Let rise in a greased container, covered, for about 1 hour until doubled.
- No Preheat the oven to the highest temperature using fast heating mode Place the baking stone to position 4 (the highest rack) to heat it properly.

  Once the temperature is reached, turn the knob to convection mode and lower the grid with the baking stone to the middle position.
- S Roll out the dough manually on parchment paper sprinkled with oil, spoon on the tomato sauce seasoned with oregano, salt and oil.
- S Bake for about 8-10 minutes depending on the height of the pizza.
- S Remove from oven and sprinkle with finely chopped mozzarella cheese, finish cooking for about 4 minutes.

Important: the dose of a kg of flour has to be divided into two parts to be cooked separately.











## Ingredients

250 gr ricotta cheese 250 gr mascarpone 100 gr butter 200 gr digestive cookies 5 tablesppon sugar 1 ½ tablespoon flour 3 eggs Vanilla flavour

For the topping (optional): 4 tablespoon berry preserve 2 tablesppon rhum Chocolate Fresh fruit

- S Chop the cookies in a food processor and add the butter at room temperature. Pour the mixture into a pie pan lined to form the base of the cake, taking care to flatten evenly. Let stand in refrigerator while proceeding with the rest of the
- S Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode 🕙. Steam tank must contain water .
- S Mix the egg yolks, sugar and vanilla, add ricotta, mascarpone and sifted flour. Beat the egg whites until stiff and add to the mixture a little at a time, stirring from the bottom up. Pour the mixture into the tin and bake at middle position for about 40 minutes.
- S Allow to cool and garnish to taste (if we use a preserve let's cook for a few minutes with two tablespoons of rum to make it creamier).









## Ingredients per 10 individual ramekins

500 ml milk vanilla flavour 2,5 cl water 100 gr. sugar 3 eggs 125 gr. powder sugar

- S This recipe originally foresees cooking in a water bath, so we will use the function 100% steam. Fill the steam tank with water and preheat to 140 ° -150 °C on static steam function 🚾
- S Prepare the caramel pouring water into a pan with the sugar, bring to boil on a low heat stirring constantly. When the caramel becomes light brown pour it into the molds and level.
- S In a bowl combine the eggs with the sifted powdered sugar and mix well with the Add the hot milk and stir.
- S Pour into molds, place them on the baking tray and bake for about 40 minutes, until
- S Let stand in refrigerator for at least 4 hours before serving.

COOKING MODE: STATIC STEAM















## Ingredients for 12 rolls

500 gr Manitoba flour Approx. 35 gr yeast 125 ml warm water 125 ml warm milk 70 gr sugar 80 ml lard 1 tablespoon salt 1 egg

To fill: Butter Ground cinnamon Brown sugar

- S Dissolve the yeast in the water, pour into the mixer or in a large container. Add milk, 250 grams of flour and all the ingredients. Knead until dough is elastic, gradually adding the remaining flour.
- 27 cm x 37 cm.
- about 60 minutes.
- S Fill the steam tank. Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode . Cook at medium height for about 15
- sugar and a little cold water.















## Ingredients

6 eggs 190 gr powder sugar 170 gr 00 flour

- ▶ Fill the steam tank. Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode 🕙.
- smooth andfluffy. Stir in the flour folding gently . Pour the mixture into a buttered
- S Bake at 180 ° for about 30 minutes. Fill the cake or top it with chocolate, cream or fresh fruit.

steet 33













## Ingredients for 12 cupcakes

300 gr 00 flour 75 gr brown sugar 150 gr sour cream 3 tablespoon oil 75 ml milk 1 egg 125 gr white chocolate 125 gr dark chocolate 1 baking power 1 ½ tablespoon cocoa powder

To decorate: 200 gr mascarpone cheese 4 tablespoon milk 2 tablespoon brown sugar / cocoa

- In another bowl beat the egg, sour cream, milk and oil. Stir the mixture made with flour and mix until getting a thick paste.
- S Fill the steam tank. Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode
- S Pour into the cupcake tins filling them up to 3/4. Bake for about 25 minutes.
- S Cut the cupcake in half horizontally, spread the cream in the middle, decorate the top with a drop of cream and dust with cocoa power.







For the pastry: 1 egg+ 1 yolk 300 gr 00 flour 120 gr unsalted butter 150 gr powder sugar

For the filling: 750 gr peeled and chopped apples 50 gr sugar Cinnamon Lemon juice

For the crumble: 120 gr flour 80 gr unsalted butter 80 gr brown sugar Cinnamon

- S Prepare the pastry. Mix the ingredients and work until you have a smooth dough. Wrap in plastic film and let it rest in the refrigerator for about 1 hour.
- S Fill the steam tank. Preheat oven to 180 °C setting on fast heating mode then move the knob to convection mode
- S Prepare the crumble: combine flour, butter at room temperature and brown sugar working quickly until the mixture is crumbly. Roll out the pastry and line a cake mold.









Ingredients	My recipe:

Ingredients	My recipe:	
		steel 3

Ingredients	My recipe:

Ingredients	My recipe:	
		steet 39



### SWITCHING ON THE OVEN FOR THE FIRST TIME

The first time it is used, the oven may smoke or give off an acrid smell caused by oily residue from manufacturing that may give unpleasant odours or flavours to food. Before putting food in the oven, heat to the maximum temperature for 30 minutes with the door closed.

### **FAST HEATING**

Turn the function selector knob to position fast heating to rapidly preheat the oven; with this function the oven will rapidly reach the selected temperature. When the temperature is reached, select the required cooking function. This function must not be used for cooking.

### **FILLING THE STEAM GENERATOR**

Pour the required quantity of water into the steam generator using the measuring jug as shown on the figure. Turn the functions knob to steam functions and set the required temperature, which must be above 100°C. Pour mineral or decalcified water only into the tank: never use substances containing alcohol or detergents.

### STEAM INTO STEEL COMBI-STEAM OVEN

Combi-Steam cooking fills the inside of the oven with dry steam. The Steam is not visible from the outside but only opening the oven door. For this reason by opening the door at the end or during the cooking process we warmly recommend waiting until the steam has poured out completely in order to avoid irritating burns.

### **CLEANING THE COMBI-STEAM OVEN**

To clean up the stainless steel surfaces, use a solution of warm water and vinegar or neutral soap. Pour the solution onto a damp cloth and wipe the steel surface, rinse thoroughly and dry with a soft cloth or chamois leather. Do not under any circumstances use metallic sponges or sharp scrapers that may damage the surfaces Only use non-scratch and non-abrasive sponges. The steam function avoids the sticking of fat and dirty on the oven panels; therefore we suggest the maintenance and the cleaning is much easier soon after the steam cooking.

### **CLEANING THE WATER TANK**

To clean the water tank, the cover must be removed. The steam cover has two knobs remove the knob from Steam cover and fan cover by coin or by hand. Push the cover backwards and pull it up. No tools are required.

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